

# List of All Chemicals

## P Solanum melongena (Solanaceae)

### Common name(s)

Eggplant; Aubergine

### How used

Food

\*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Chemical	Plant Part	Low PPM	High PPM	StdDev	*Reference
5-HYDROXYTRYPTAMINE	Fruit	--	--		*
<b>Activities (15)</b>					
Allergenic	Mitchell, J. and Rook, A.J. 1923. Botanical Dermatology: plants and plant products injurious to the skin. Vancouver: Greengrass, 1979. xiii, 787 p.: ill.				
Antidepressant	Martindale's 28th				
Antidote (Manganese) to 3 g/man/day	Martindale's 28th				
Antimutation	Martindale's 28th				
Antiparkinsonian	Martindale's 28th				
Antitourette 400 mg/4x/day/orl/man	Martindale's 28th				
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Cerebrophilic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Hypertensive					
Insecticide	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Pesticide					
Secretagogue					
Spasmogenic					
Ulcerogenic					
Vasoconstrictor					
9-OXO-NEROLIDOL	Plant	--	--		*
<b>Activities (2)</b>					
Pesticide					
Phytoalexin	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.				
ALANINE	Fruit	420.0	6815.0	1.22	*
<b>Activities (3)</b>					
Antioxidant	Larson, R.A. 1987. Review Article Number 30. The Antioxidants of Higher Plants. Phytochemistry. 27: 969-978.				
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Oxidant	Larson, R.A. 1987. Review Article Number 30. The Antioxidants of Higher Plants. Phytochemistry. 27: 969-978.				
ALPHA-LINOLENIC-ACID	Fruit	70.0	867.0	-0.76	*
<b>Activities (15)</b>					
5-Alpha-Reductase-Inhibitor					
Antiaggregant	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.				
Antihypertensive					
Antiinflammatory IC50=42 uM					
Antileukotriene-D4 IC50=42 uM					
Antimennorrheic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Antimetastatic	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.				
Antiprostatic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Hypotensive	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.				
Immunostimulant 0.12 ml/man/day	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.				
Lymphocytogenic 0.5 ug/ml	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.				
Propecic					
Prostaglandin-Synthesis-Inhibitor	Ferretti, A.. Flanagan, V. P. 1996. Antithromboxane Activity of Dietary Alpha-linolenic Acid: A Pilot Study. Prostaglandins Leukotrienes				

## Vasodilator

ALUMINUM	Fruit	10.0	16.0	-0.22	*
<b>Activities (5)</b>					
Antisilicotic	Medicinal and Poisonous Plants of the Tropics. Leeuwenberg, A.J.M., ed. Pudoc, Wageningen. 1987.				
Antivaginitic	Martindale's 28th				
Candidicide	Martindale's 28th				
Encephalopathic	Martindale's 29th				
Pesticide					
ARACHIDIC-ACID	Seed	--	--		*
ARGININE	Fruit	610.0	7559.0	0.87	*
<b>Activities (14)</b>					
Antidiabetic?	Wichtl, M. 1984. Teedrogen. Ein Handbuch für Apotheker und Ärzte. Wissenschaftliche Verlagsgesellschaft mbH Stuttgart. 393 pp.				
Antiencephalopathic	Martindale's 29th				
Antihepatitic	Martindale's 29th				
Antihypertensive					
Antiimpotence					
Antiinfertility 4 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antioxidant?					
Aphrodisiac 3 g/day					
Diuretic					
Hypoammonemic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
NO-Genic					
Pituitary-Stimulant					
Spermigenic 4 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Vasodilator					
ARSENIC	Fruit	0.004	0.004	-0.53	*
<b>Activities (2)</b>					
Anorexic	Forest H. Nielsen, USDA, Grand Forks, various publications.				
Pesticide					
ASCORBIC-ACID	Leaf	790.0	5809.0	0.1	*
<b>Activities (112)</b>					
Acidulant FEMA 6,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Aldose-Reductase-Inhibitor	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reservse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95				
Analgesic 5-10 g/day					
Angiotensin-Receptor-Blocker					
AntiAGE 2,000 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reservse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95				
AntiCFS 500-1,000 mg					
AntiCTS 1,000 mg 3x/day					
AntiCrohn's 50-100 mg/day/orl/man	Martindale's 29th				
AntiLyme 500-2,000 mg					
AntiRaynaud's 500 mg 1-2x/day					
Antiaggregant	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reservse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95				
Antiaging 400 mg/day					
Antiallergic					
Antialzheimeran 2,000-6,000 mg/day					
Antiarthritic 0.2-1 g/day					
Antiasthmatic 1,000 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antithrombotic					
Antibacterial	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Anticataract 350 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Anticataract 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reservse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95				
Anticataract 1 g 3x/day					
Anticervicalvsplastic 1.000-					

Anticlimacteric	500-5,000 mg/day	
Anticold	1-2 g/man/day	
Antidecubitic	500 mg/man/2x/day	Martindale's 28th
Antidementia		
Antidepressant	2,000 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antidiabetic		Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antidote (Aluminum)		Economic & Medicinal Plant Research, 6: 189.
Antidote (Cadmium)		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antidote (Lead)		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antidote (Paraquat)		Martindale's 28th
Antieczemic	3.5-5 g/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiedemic	1 g/man/day	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antinecephalitic		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antiendometriotic	2,000 mg/day	
Antifatigue	500-1,000 mg	
Antifibrotic	1,000-2,000 mg	
Antigallstone	1,000-3,000 mg/day	
Antigastritic		
Antigingivitic		
Antiglaucomic	2 g/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antihangover	1,000 mg	
Antihemorrhagic	1 g/man/day	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antihepatitic	2-6 g/man/day	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antihepatotoxic		Economic & Medicinal Plant Research, 6: 189.
Antiherpetic	1-5 g/day	
Antihistaminic	2 g/day orl man	
Antihypertensive		
Antiinfertility	1 g/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiinflammatory		Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antilepric	1.5 g/man/day	Martindale's 28th
Antilithic	1,000-3,000 mg/day	
Antimaculitic		
Antimeasles		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antimenopausal	500-5,000 mg/day	
Antimigraine		Martindale's 29th
Antimutagenic		Economic & Medicinal Plant Research, 6: 235.
Antineuramidase		
Antinitrosic	1 g/man/day	Martindale's 28th
Antiobesity	1 g 3x/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiorchitic		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antiostearthritic	1 g 2x/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiosteoporotic	500 mg/day	
Antioxidant	100 ppm	
Antiparkinsonian	1 g 2-3x/day	
Antiparotitic		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antiperiodontitic	1 g 2x/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antipneumonic		Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antipodriac		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antipoliomyelic		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antipyretic		Economic & Medicinal Plant Research, 6: 189.
Antiradicular		Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antiretinotic		
Antirheumatic		
Antirhinitic	1,000 mg 3x/day	
Antiscorbutic	10 mg/man/day	Martindale's 28th
Antiseptic MIC=3.3-217 mg/ml		Martindale's 28th
Antiseptic	4-8 g/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antishingles		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antispasmodic	500-5,000 mg/day	
Antistress	500-1,000 mg	
Antisyndrome-X	1-4 g/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95

Antitumor (Lung)	
Antulcer	
Antiviral 1-5 g/day	
Apoptotic 1-10 mM	
Asthma-preventive 1,000 mg/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Beta-Adrenergic Receptor Blocker	
Beta-Glucuronidase-Inhibitor 1.5 g/day/man	
Calcium-Antagonist	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Cold-preventive 1-2 g/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Collagenic	
Detoxicant	
Diuretic 700 mg/man/orl	
Fistula-Preventive	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Hypocholesterolemic 300-1,000 mg/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Hypoglycemic	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Hypotensive 1,000 mg/man/day	
Immunomodulator	
Immunostimulant	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Interferonogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Lithogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Mucolytic 1 g/woman/day	Martindale's 28th
Pesticide	
Uricosuric 4 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Urinary-Acidulant	Martindale's 29th
Vasodilator	
Vulnerary	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

ASCORBIC-ACID		Fruit	13.0	947.0	-0.23	*
<b>Activities (112)</b>						
Acidulant FEMA 6,000		Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Aldose-Reductase-Inhibitor		Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95				
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AntiCTS 1,000 mg 3x/day						
AntiCrohn's 50-100 mg/day/orl/man		Martindale's 29th				
AntiLyme 500-2,000 mg						
AntiRaynaud's 500 mg 1-2x/day						
Antiaggregant		Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95				
Antiaging 400 mg/day						
Antiallergic						
Antialzheimeran 2,000-6,000 mg/day						
Antiarthritic 0.2-1 g/day						
Antiasthmatic 1,000 mg/day		Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antiatherosclerotic						
Antibacterial		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Anticataract 350 mg/day		Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
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Anticataract 1 g 3x/day						
Anticervicaldysplastic 1,000-2,000 mg/day						
Anticlimacteric 500-5,000 mg/day						
Anticold 1-2 g/man/day						
Antidecubitic 500 mg/man/2x/day		Martindale's 28th				
Antidementia						

Antidiabetic	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
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Antiencephalitic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antienzyme 2,000 mg/day	
Antifatigued 500-1,000 mg	
Antifibrotic 1,000-2,000 mg	
Antigallstone 1,000-3,000 mg/day	
Antigastric	
Antigingivitic	
Antiglaucomic 2 g/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
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Antishingles	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
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Antistress 500-1,000 mg	
Antisynthetic-X 1-4 g/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor (Gastric)	
Antitumor (Lung)	
Antiulcer	
Antiviral 1-5 g/day	
Apoptotic 1-10 mM	
Asthma-preventive 1 000	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).

Beta-Adrenergic Receptor Blocker						
Beta-Glucuronidase-Inhibitor 1.5 g/day/man						
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Hypoglycemic	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95					
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Immunomodulator						
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Pesticide						
Uricosuric 4 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.					
Urinary-Acidulant	Martindale's 29th					
Vasodilator						
Vulnerary	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).					
ASH		Leaf	20000.0	147000.0	0.5	*
ASH		Fruit	5000.0	80000.0	0.6	*
ASPARTIC-ACID		Fruit	1770.0	21933.0	1.55	*
<b>Activities (3)</b>						
Antimorphinic		Martindale's 28th				
Neuroexcitant		Martindale's 28th				
Roborant		Merck 11th Edition				
AUBERGENONE		Plant	--	--		*
<b>Activities (2)</b>						
Pesticide						
Phytoalexin	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.					
BARIUM		Fruit	3.5	5.6	-1.02	*
BETA-AMINO-4-ETHYL-GLYOXALINE		Fruit	--	--		*
BETA-CAROTENE		Fruit	--	6.0	-0.14	*
<b>Activities (53)</b>						
Allergenic						
Androgenic?	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).					
AntiPMS						
Antiacne	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).					
Antiaging						
Antiarthritic						
Antiasthmatic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).					
Anticancer	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.					
Anticarcinomic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).					
Anticervicaldysplastic						
Anticorony 50 mg/man/2 days						
Antihyperkeratotic						
Antiichthythic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).					
Antileukoplakic						
Antilipoperoxidant IC71=50 ug/ml						
Antilupus 150 mg/man/day/2 mos	Martindale's 28th					
Antimaculitic						

Antimutagenic	Economic & Medicinal Plant Research, 6: 235.
Antioxidant	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiozoenic	
Antipapillomic	
Antiphotothrophic 30-300 mg/man/day	Martindale's 29th
Antipityriasic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiporphyrin 30-300 mg/man/day	Martindale's 28th
Antiproliferant	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Antipsoriac	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiradicular	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antirheumatic	
Antistress	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antitumor	Simon, P.W. Carrots and Other Horticultural Crops as a Source of Provitamin A Carotenes. HortScience, 25(12): 1495, 1990.
Antitumor (Breast) IC45=60 ug/ml	
Antitumor (CNS) IC43=45 ug/ml	
Antitumor (Colon) IC43=45 ug/ml	
Antitumor (Lung) IC30=60 ug/ml	
Antitumor (Prostate)	
Antitumor (Stomach) IC26=45 ug/ml	
Antiulcer 12 mg 3x/day/man/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiulcer 15,000-25,000 IU/day	
Antixerophthalmic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
COX-1-Inhibitor IC78=50 ug/ml	
COX-2-Inhibitor IC82=50 ug/ml	
Cancer-Preventive 22 ppm	Jim Duke's personal files.
Chemopreventive	
Colorant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Gastroprotective	
Immunostimulant 180 mg/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Interferon-Synergist	
Mucogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Phagocytotic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Prooxidant 20 ug/g	
Thymoprotective	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Ubiquiot	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

## BORON

	Fruit	1.0	8.0	-0.64	*
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### Activities (4)

Androgenic 3 mg/man/day	
Antiosteopathic	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiosteoporotic 3 mg/man/day	
Estrogenic 3 mg/man/day	

## CADMIUM

	Fruit	0.3	0.44	0.65	*
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### Activities (3)

Hypertensive	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Lithogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Nephrotoxic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

## CAFFEIC-ACID

	Fruit	--	--	*
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### Activities (102)

Aldose-Reductase-Inhibitor 4 ug/ml (weak activity)	Ichikawa, K., et al. 1991. Isolation and Structure Determination of Aldose Reductase Inhibitors from Traditional Thai Medicine, and Syntheses of Their Derivatives. <i>Sankyo Kenkyusho Nempo</i> , 43: 99-110.
Allergenic	
Analgesic	
AntiHIV EC50=200 ug/ml	
AntiLegionella	
Antiadenoviral	Economic & Medicinal Plant Research, 5: 207.
Antiaggregant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antiaging	
Antiatherogenic	

Anticancer	
Anticarcinogenic	Economic & Medicinal Plant Research, 6: 189.
Antidepressant	
Antiedemic	Economic & Medicinal Plant Research, 6: 189.
Antielastase IC50=93 um/l	
Antielastase IC50=86 ug/ml (475 uM)	
Antiescherichic	
Antiflu	Economic & Medicinal Plant Research, 5: 207.
Antigonadotropic	Jim Duke's personal files.
Antihemolytic 25 uM	Ohnishi, M., Morishita, H., Iwahashi, H., Toda, S., Shirataki, Y., Kimura, M., and Kido, R. 1993. Inhibitory Effects of Chlorogenic Acids on Linoleic Acid Peroxidation and Haemolysis. <i>Phytochemistry</i> . 36(3): 579-583. 1994.
Antihepatoadenomic 200 ppm diet orl mus	
Antihepatotoxic	
Antiherpetic 50 ug/ml	
Antiherpetic EC50=>50 ug/ml	
Antihistaminic	
Antihypercholesterolemic	Economic & Medicinal Plant Research, 6: 189.
Antihyperthyroid	
Antiinflammatory	
Antileukemic	Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46.
Antileukotriene	
Antimelanogenic	
Antimutagenic	Ki Soon Rhee, Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products. Phenolic Compounds in Food and Their Effects on Health, Ch.18.
Antinitrosaminic	Ki Soon Rhee, Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products. Phenolic Compounds in Food and Their Effects on Health, Ch.18.
Antiophidic	
Antioxidant 50 uM	
Antioxidant IC57=30 ppm	
Antioxidant 1/3 quercetin	
Antioxidant 30 mM	
Antioxidant 1.3 x Vit. E	
Antioxidant 1/2 BHA	
Antiperoxidant IC50=44 uM	Planta Medica, 57: A54, 1991.
Antiperoxidant IC35=200 ug/ml	
Antiperoxidant IC85=100 ug/ml	
Antiproliferant	Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46.
Antiprostaglandin	
Antiradicular 10 uM	Ohnishi, M., Morishita, H., Iwahashi, H., Toda, S., Shirataki, Y., Kimura, M., and Kido, R. 1993. Inhibitory Effects of Chlorogenic Acids on Linoleic Acid Peroxidation and Haemolysis. <i>Phytochemistry</i> . 36(3): 579-583. 1994.
Antiradicular 1/3 quercetin	
Antiradicular 30 mM	
Antiradicular IC50=32-35 uM	
Antiseptic	
Antispasmodic EC50=3.4-15 uM	Phytotherapy Research, 4: 73.
Antistaphylococcic	
Antistomatisic	Economic & Medicinal Plant Research, 5: 207.
Antisunburn	
Antithiamin	Phenolic Compounds in Food and Their Effects on Health, 69.
Antithyroid	Jim Duke's personal files.
Antitumor 200 ppm diet orl mus	
Antitumor (Skin)	
Antitumor-Promoter IC42=10 uM	Cancer Research, 48: 5941.
Antiulcerogenic	
Antivaccinia	Economic & Medicinal Plant Research, 5: 207.
Antiviral IC50=62.5 ug/ml	
Anxiolytic	
CNS-Active	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
COX-2-Inhibitor IC32=100 uM	
Calcium-Antagonist IC50=1.2 uM rbt	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Carcinogenic 2% (diet)	
Chemopreventive	
Cholagogue	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
Choleretic	Williamson, E. M. and Evans, F. J. Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.

Co-carcinogenic	
Collagen-Sparing	
Cytoprotective	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. <i>Herbal Medicine - A Guide for Health-care Professionals</i> . The Pharmaceutical Press, London. 296pp.
Cytotoxic TC50=200 ug/ml	
DNA-Active	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
DNA-Protective	
Diuretic	Wichtl, M. 1984. <i>Teedrogen. Ein Handbuch fur Apotheker und Arzte</i> . Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
Fungicide MIC=0.4 mg/ml	
Hepatocarcinogenic 400 ppm diet orl mus (in the absence of alcohol)	
Hepatoprotective	Advance in Chinese Medicinal Materials Research. 1985. Eds. H. M. Chang, H. W. Yeung, W. -W. Tso and A. Koo. World Scientific Publishing Co., Philadelphia Pa., page 210.
Hepatotropic	
Histamine-Inhibitor	
Immunostimulant	
Insectifuge	Tunon, H., Thorsell, W., and Bohlin, L. 1993. Mosquito Repelling Activity of Compounds Occurring in <i>Achillea millefolium</i> L. ( <i>Asteraceae</i> ). <i>Economic Botany</i> 48(2): 111-120, 1994.
Leukotriene-Inhibitor	
Lipoxygenase-Inhibitor IC27=5 mM	Oszmianski, J. and Lee, C.Y. 1990. Inhibitory Effect of Phenolics on Carotene Bleaching in Vegetables. <i>J. Agric. Food Chem.</i> 38: 688-690.
Lipoxygenase-Inhibitor IC50=62-148 uM	
Lyase-Inhibitor IC50=94-164 uM	
Metal-Chelator	McEvily, A.J., Iyengar, R., and Gross, A.T. Inhibition of Polyphenol Oxidase by Phenolic Compounds. <i>Phenolic Compounds in Food and Their Effects on Health</i> , Ch.25.
Ornithine-Decarboxylase-Inhibitor	Hagerman, A.E. <i>Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health</i> , Ch.19.
Pesticide	
Prooxidant	
Prostaglandigenic	
Sedative 500 mg	
Sunscreen IC50=2.5 mg/l	Lazarova*, G., Kostova, I., Neychev, H. 1992. Photodynamic damage prevention by some hydroxycoumarins. <i>Fitoterapia</i> 64(2): 134-136, 1993.
Sunscreen IC91=5 mg/l	Lazarova*, G., Kostova, I., Neychev, H. 1992. Photodynamic damage prevention by some hydroxycoumarins. <i>Fitoterapia</i> 64(2): 134-136, 1993.
Sunscreen IC98=25 mg/l	Lazarova*, G., Kostova, I., Neychev, H. 1992. Photodynamic damage prevention by some hydroxycoumarins. <i>Fitoterapia</i> 64(2): 134-136, 1993.
Tumorigenic	Jim Duke's personal files.
Vulnerary	
Xanthine-Oxidase-Inhibitor IC50=39.21 uM	Mills, Simon and Bone, Kerry. 2000. <i>Phytotherapy</i> . Churchill Livingston, Edinburgh.

## CALCIUM

Leaf 2540.0 18676.0 0.02 \*

## Activities (28)

AntiPMS 1 g/day	
Antiallergic 500 mg/day	
Antianxiety	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antiarrhythmic 500-1,500 mg	
Antiarthritic 1,000 mg/day	
Antiatherosclerotic 500 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Anticlimacteric 1,000-1,500 mg/day	
Antidepressant	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antidote (Aluminum)	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antidote (Lead)	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antihyperkinetic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antihypertensive	
Antiinsomniac	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antimenopausal 1,000-1,500 mg/day	
Antiobesity	
Antiosteoporotic 500-2,000 mg/day	
Antiperiodontitic 750 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antirheumatic 1,000 mg/day	
Antistress 500-1,500 mg/day	
Antitic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Anxiolytic 500-1,500 mg/day	
Calcium-Channel-Blocker	
Diuretic	
Hypocholesterolemic 500 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Hypotensive 1 g/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Laxative 1,000-1,200 mg	

## Vasodilator

CALCIUM	Fruit	120.0	5706.0	0.43	*
<b>Activities (28)</b>					
AntiPMS 1 g/day					
Antiallergic 500 mg/day					
Antianxiety	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antiarrhythmic 500-1,500 mg					
Antiarthritic 1,000 mg/day					
Antiatherosclerotic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Anticlimacteric 1,000-1,500 mg/day					
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antidote (Aluminum)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antihyperkinetic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antihypertensive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antimenopausal 1,000-1,500 mg/day					
Antiobesity					
Antiosteoporotic 500-2,000 mg/day					
Antiperiodontitic 750 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antirheumatic 1,000 mg/day					
Antistress 500-1,500 mg/day					
Antitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Anxiolytic 500-1,500 mg/day					
Calcium-Channel-Blocker					
Diuretic					
Hypocholesterolemic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Hypotensive 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Laxative 1,000-1,200 mg					
Tranquilizer 500-1,500 mg/day					
Vasodilator					
CARBOHYDRATES	Leaf	66000.0	485000.0	-1.01	*
CARBOHYDRATES	Fruit	56000.0	811000.0	0.15	*
CHLORINE	Fruit	--	520.0	-0.33	*
<b>Activities (7)</b>					
Antibacterial	Martindale's 29th				
Antiherpetic	Martindale's 29th				
Antiseptic	Martindale's 29th				
Antiviral	Martindale's 29th				
Candidicide	Martindale's 29th				
Fungicide	Martindale's 29th				
Pesticide					
CHLOROGENIC-ACID	Fruit	--	--		*
<b>Activities (77)</b>					
Aldose-Reductase-Inhibitor IC50=1.8 uM rat (strong activity)	Yoshikawa, M., et al. 1999. Medicinal Flowers. I. Aldose Reductase Inhibitors and Three New Eudesmane-Type Sesquiterpenes, Kikkanols A, B, and C, From the Flowers of Chrysanthemum indicum L. Chem Pharm Bull, 47(3): 340-345.				
Allelochemical					
Allergenic					
Analgesic					
AntiEBV	Economic & Medicinal Plant Research, 6: 189.				
AntiHIV	Economic & Medicinal Plant Research, 6: 189.				
AntiLegionella					
Antiatherosclerotic					
Antibacterial					
Anticancer (Colon)					
Anticancer (Forestomach)					
Anticancer (Liver)					
Anticancer (Skin)					
Anticarcinogenic					
Antidiabetic					

Antigenotoxic	
Antagonadotropic	Jim Duke's personal files.
Antihemolytic 10 uM	Ohnishi, M., Morishita, H., Iwahashi, H., Toda, S., Shirataki, Y., Kimura, M., and Kido, R. 1993. Inhibitory Effects of Chlorogenic Acids on Linoleic Acid Peroxidation and Haemolysis. <i>Phytochemistry</i> . 36(3): 579-583. 1994.
Antihepatotoxic	
Antiherpetic	Economic & Medicinal Plant Research, 5: 194.
Antihistaminic	
Antihypercholesterolemic	Economic & Medicinal Plant Research, 6: 189.
Antihyperthyroid	
Antiinflammatory	Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.
Antileukotriene	
Antimelanogenic	
Antimutagenic	
Antinitrosaminic	
Antioxidant IC53=200 ppm	Huang, M-T., and Ferraro, T. Phenolic Compounds in Food and Cancer Prevention. Phenolic Compounds in Food and Their Effects on Health, Ch.2 p.21.
Antioxidant IC80=12 uM	
Antioxidant IC50=54.2 uM	
Antiperoxidant IC50=36 uM	Planta Medica, 57: A54, 1991.
Antipolio	Jim Duke's personal files.
Antiradicular 10 uM	Ohnishi, M., Morishita, H., Iwahashi, H., Toda, S., Shirataki, Y., Kimura, M., and Kido, R. 1993. Inhibitory Effects of Chlorogenic Acids on Linoleic Acid Peroxidation and Haemolysis. <i>Phytochemistry</i> . 36(3): 579-583. 1994.
Antiradicular 9 x quercetin	
Antiseptic	
Antisunburn	
Antithyroid	Jim Duke's personal files.
Antitumor	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Antitumor (Colon)	
Antitumor (Forestomach)	
Antitumor (Liver)	
Antitumor (Skin)	
Antitumor-Promoter IC25=10 uM	
Antiulcer	Economic & Medicinal Plant Research, 6: 189.
Antiviral	Vlietinck, A.J. and Domisse, R.A. eds. 1985. <i>Advances in Medicinal Plant Research</i> . Wiss. Verlag. Stuttgart.
Autotoxic	
CNS-Active	Wichtl, M. 1984. <i>Teedrogen. Ein Handbuch fur Apotheker und Arzte</i> . Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
CNS-Stimulant 1/6 Caffeine	
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli</i> . Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Chemopreventive	
Cholagogue	Wichtl, M. 1984. <i>Teedrogen. Ein Handbuch fur Apotheker und Arzte</i> . Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
Choleretic	Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs</i> . CRC Press, Boca Raton, FL 388 pp.
Clastogenic	Friedman, M. and Dao, L. 1990. Effect of Autoclaving and Conventional and Microwave Baking on the Ergot Alkaloid and Chlorogenic Acid Contents of Morning Glory ( <i>Ipomoea tricolor</i> Cav. cv.) Heavenly Blue Seeds. <i>J. Agric. Food Chem.</i> 38: 805-808.
Collagen-Sparing	
Diuretic	
Fungicide	Nigg, H.N. and Seigler, D.S., eds. 1992. <i>Phytochemical Resources for Medicine and Agriculture</i> . Plenum Press, New York. 445 pp.
Hepatoprotective	Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs</i> . CRC Press, Boca Raton, FL 388 pp.
Histamine-Inhibitor	
Hypoglycemic	
Immunostimulant	
Insectifuge	Tunon, H., Thorsell, W., and Bohlin, L. 1993. Mosquito Repelling Activity of Compounds Occurring in <i>Achillea millefolium</i> L. (Asteraceae). <i>Economic Botany</i> 48(2): 111-120, 1994.
Interferonogenic	Economic & Medicinal Plant Research, 1: 124.
Juvabional	Jacobson, M., <i>Glossary of Plant-Derived Insect Deterrents</i> , CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Larvistat	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Leukotriene-Inhibitor	
Lipoxygenase-Inhibitor IC23=5 mM	Oszmianski, J. and Lee, C.Y. 1990. Inhibitory Effect of Phenolics on Carotene Bleaching in Vegetables. <i>J. Agric. Food Chem.</i> 38: 688-690.
Metal-Chelator	McEvily, A.J., Iyengar, R., and Gross, A.T. Inhibition of Polyphenol Oxidase by Phenolic Compounds. <i>Phenolic Compounds in Food and Their Effects on Health</i> , Ch.25.
NO-Genic	
Ornithine-Decarboxylase-Inhibitor	Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.
Oviposition-Stimulant	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Pesticide	
Sunscreen	
Sweetener	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.

CHOLINE	Fruit	--	520.0	-0.5	*
<b>Activities (20)</b>					
Antialzheimeran 5-16 g/man/day					
Antichoreic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Anticirrhotic 6,000 mg/man/day					
Anticystinuric					
Antidementia					
Antidiabetic					
Antidyskinetic 150-200 mg/kg/man/day	Martindale's 28th				
Antihomocysteine					
Antimanic 15-30 g/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Antinociceptive					
Antisteatotic					
Cardiodepressant					
Cerebrotonic					
Cholinergic	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.				
Hepatoprotective					
Hypotensive					
Ileorelaxant					
Lipotropic					
Memorigenic					
Parasympathomimetic (1/1,000th acetylcholine)	Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman & Hall, New York. 941 pp.				
CHROMIUM	Fruit	0.1	0.12	-0.49	*
<b>Activities (24)</b>					
Amphiglycemic?	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
AntiAGE 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95				
AntiCFS 200 ug					
Antiacne					
Antiaging 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95				
Antiatherosclerotic 20 ug/day					
Anticorneotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antidiabetic 200-1,000 ug					
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antifatigue 200 ug					
Antiglycosuric 200-1,000 ug					
Antiobesity 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95				
Antisyndrome-X 200-800 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95				
Antitriglyceride 20 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antitriglyceride 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95				
Cardioprotective					
Energizer					
Hypocholesterolemic 20 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Hypocholesterolemic 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95				
Hypoglycemic 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95				
Hypotensive 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95				
Immunomodulator					
Insulinogenic					
Memorigenic					
COBALT	Fruit	0.07	0.08	-0.53	*
<b>Activities (2)</b>					
Cardiomyopathogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Erythrocytogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				

## COPPER

Fruit

0.6

20.0

0.56

\*

## Activities (12)

Antianemic	
Antiarthritic	
Antidiabetic 2-4 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antifatigue	
Antiinflammatory	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antinociceptive	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiosteoporotic	
Cardioprotective	
Contraceptive	Martindale's 28th
Hypocholesterolemic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Immunomodulator	
Schizophrenogenic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.

## CYANIDIN

Fruit

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## Activities (7)

Allelochemical IC90=1 mM	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, <i>Herbs, Spices &amp; Medicinal Plants: Recent Advances in Botany, Horticulture, &amp; Pharmacology</i> , v. 4, Oryx Press, Phoenix, 1989, 267pp.
Antioxidant ID50=3.5-22 uM	
Antioxidant 4.4 x Vit. E	
Metal-Chelator (Copper)	
Pesticide	
Pigment	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Prooxidant	

## CYSTINE

Fruit

60.0

743.0

-0.3

\*

## Activities (2)

Adjuvant	Merck 11th Edition
Antihomocystinuric	Martindale's 29th

## DELPHINIDIN

Fruit

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## Activities (9)

Allelochemical IC81=1 mM	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, <i>Herbs, Spices &amp; Medicinal Plants: Recent Advances in Botany, Horticulture, &amp; Pharmacology</i> , v. 4, Oryx Press, Phoenix, 1989, 267pp.
Allergenic	
Antioxidant ID50=0.7-2.4 uM	
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli</i> . Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Metal-Chelator (Copper)	
NO-Inhibitor IC78=250 uM	
Pesticide	
Pigment	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Prooxidant	

## DELPHINIDIN-3-RUTINOSIDE-3-(4'-COUMAROYL RUTINOSIDE)5-GLUC...

Plant

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## DELPHINIDIN-P-COUMAROYL-MONORHAMNOSIDE-DIGLUCOSIDE

Fruit

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## ETHYL-CAFFEATE

Root

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\*

## FAT

Fruit

1000.0

38000.0

-0.35

\*

## FAT

Seed

198300.0

212000.0

-0.28

\*

## FAT

Leaf

4000.0

29000.0

-0.55

\*

## FERULIC-ACID

Root

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\*

## Activities (61)

Allelopathic	Holappa, L.D., and Blum*, U. 1991. Effects of Exogenously Applied Ferulic Acid, a Potential Allelopathic Compound, on Leaf Growth, Water Utilization, and Endogenous Abscisic Acid Levels of Tomato, Cucumber, and Bean. <i>J. of Chemical Ecology</i> , 17(5): 865.
Analgesic	Advance in Chinese Medicinal Materials Research. 1985. Eds. H. M. Chang, H. W. Yeung, W. -W. Tso and A. Koo. World Scientific Publishing Co., Philadelphia Pa., page 69.
Antiaggregant	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. <i>Chem. Pharm. Bull.</i> 38(6): 1620-1623, 1990.

Antiarrhythmic	
Antibacterial	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Anticancer (Colon)	
Anticancer (Forestomach)	
Anticancer (Liver)	
Anticancer (Skin)	
Anticarcinogenic	
Antidysmenorrheic	
Antiestrogenic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antihepatotoxic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antiherpetic	
Antiinflammatory	Hagerman, A.E. <i>Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health,</i> Ch.19.
Antileukemic IC50=25-56 ug/ml	Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med,</i> 31(1):37-46.
Antimitotic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London.
Antimutagenic	Ki Soon Rhee. <i>Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products. Phenolic Compounds in Food and Their Effects on Health,</i> Ch.18.
Antineoplastic (Stomach)	
Antinitrosaminic	Ki Soon Rhee. <i>Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products. Phenolic Compounds in Food and Their Effects on Health,</i> Ch.18.
Antioxidant 3,000 uM	
Antioxidant IC51=200 ppm	
Antioxidant 1/3 quercetin	
Antioxidant 1/2 BHA	
Antioxidant EC50=9-15 ug/ml	
Antiradicular EC50=9-15 ug/ml	
Antiradicular IC50=116-124 uM	
Antiserotonin	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antispasmodic	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antithrombic	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antitumor	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antitumor (Colon)	
Antitumor (Forestomach)	
Antitumor (Liver)	
Antitumor (Skin)	
Antitumor-Promoter IC46=10 uM	Cancer Research, 48: 5941.
Antiviral	Vlietinck, A.J. and Dommissie, R.A. eds. 1985. <i>Advances in Medicinal Plant Research.</i> Wiss. Verlag. Stuttgart.
Arteriodilator	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Candidicide	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Cardiac	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.
Cholagogue	Pharmazie, 46: 156, 1991.
Choleretic	Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
Fungicide	Nigg, H.N. and Seigler, D.S., eds. 1992. <i>Phytochemical Resources for Medicine and Agriculture.</i> Plenum Press, New York. 445 pp.
Hepatoprotective	Mills, Simon and Bone, Kerry. 2000. <i>Phytotherapy.</i> Churchill Livingston, Edinburgh.
Hepatotropic	
Herbicide	Angewandte Botanik 68(5/6)=1994. Page 195.
Hydrocholerectic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Hypolipidemic	
Immunostimulant	Economic & Medicinal Plant Research, 1: 124.
Insectifuge	Tunon, H., Thorsell, W., and Bohlin, L. 1993. Mosquito Repelling Activity of Compounds Occurring in Achillea millefolium L. (Asteraceae). Economic Botany 48(2): 111-120, 1994.
Metal-Chelator	McEvily, A.J., Iyengar, R., and Gross, A.T. Inhibition of Polyphenol Oxidase by Phenolic Compounds. <i>Phenolic Compounds in Food and Their Effects on Health,</i> Ch.25.
Ornithine-Decarboxylase-Inhibitor	Hagerman, A.E. <i>Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health,</i> Ch.19.
Pesticide	
Phagocytotic	
Preservative	Merck 11th Edition

Prostaglandin-Synthesis-Inhibitor 0.58-3.2 mM Xu, L. N., Yu, W. G., Tian, J. Y., Liu, Q. Y. 1990. Effect of Sodium Ferulate on Arachidonic Acid Metabolism. *Yao Hsueh Hsueh Pao*, 25(6): 412-416.

Sunscreen Chemical Marketing Reporter; a weekly tabloid, 9/10/92.

Uterosedative 30-100 mg/kg ivn rat Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. *Chem. Pharm. Bull.* 38(6): 1620-1623, 1990.

## FIBER

Fruit 9000.0 137000.0 -0.04 \*

### Activities (15)

Angiotensin-Receptor-Blocker

Antidiabetic

Antihypertensive

Antiobesity

Antitumor

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antiulcer

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Beta-Blocker

Cancer-Preventive

Stitt, P. A. *Why George Should Eat Broccoli*. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

Cardioprotective

Diuretic

Hypocholesterolemic

Hypotensive 10 g/man/day/orl Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Hypourcemic

Laxative

Vasodilator

## FOLACIN

Fruit 0.1 2.6 0.23 \*

### Activities (15)

AntiSpina-Bifida

Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Antianemic 5-20 mg/man/day

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Anticervicaldysplastic 8-30 mg/wmn/day/orl

Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Anticheilitic

Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Antidepressant

Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Antigingivitic 2-5 mg/day/man

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antiglossitic

Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Antimyelotoxic 5 mg/day/orl/man

Martindale's 29th

Antineuropathic

Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Antiperiodontitic

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antiplaque

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antipsychotic

Martindale's 29th

Hematopoietic

Merck 11th Edition

Uricosuric

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Xanthine-Oxidase-Inhibitor

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

## GABA

Fruit -- -- \*

### Activities (22)

Analeptic

Anticephalagic

Anticerebrotic

Jeffery B. Harborne and H. Baxter, eds. 1983. *Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants*. Taylor & Frost, Londón. 791 pp.

Antichoreic 1-32 g/man/day

Martindale's 29th

Anticonvulsant 4,120 mg/kg ipr mus

Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. *Drug Dosage in Laboratory Animals: A Handbook*. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.

Antihypertensive 1,000-4,000 mg/mán/day

Antiinsomniac

Antilethargic

Antistress

Antitinnitin

Anxiolytic

CNS-Inhibitor 2,500 mg/kg scu mus

Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. *Drug Dosage in Laboratory Animals: A Handbook*. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.

CNS-Inhibitor 0.1 mg/kg ivn cat

Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. *Drug Dosage in Laboratory Animals: A Handbook*. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.

CNS-Inhibitor 100 mg/kg ivn dog

Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. *Drug Dosage in Laboratory Animals: A Handbook*. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.

Diuretic 1,500-4,000 mg/man/day	
Hypotensive 1,000-4,000 mg/day	
Neuroinhibitor	
Neurotoxic (to birds)	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Neurotransmitter	
Sedative	
Tranquilizer	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.

GAMMA-HYDROXYGLUTAMIC-ACID	Fruit	--	--	*
GLUTAMIC-ACID	Fruit	2010.0	24907.0	0.91

**Activities (8)**

Antialkali? 500-1,000 mg/day/orl/man	Martindale's 29th
Antiepileptic	
Antihyperammonemic	Martindale's 29th
Antilithic	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiprostatic 125-250 mg 3 x/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiretardation	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Anxiolytic	Merck 11th Edition
Neurotoxic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.

GLYCINE	Fruit	320.0	5452.0	0.71	*
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**Activities (12)**

Antacid	Martindale's 29th
Antialdosteronic	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antidote (Hypoglycin-A)	Martindale's 29th
Antinecephalopathic	Martindale's 29th
Antigastritic	Martindale's 29th
Antiprostatic 125-250 mg 3 x/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antipruritic	Merck 11th Edition
Antisickling	Ekeke, G.I. and Shode, F.O. 1988. Phenylalanine is the Predominant Antisickling Agent in <i>Cajanus cajan</i> Seed Extract. <i>Planta Medica</i> 56(1): 41, 1990.
Antiulcer	Martindale's 29th
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Neuroinhibitor	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Uricosuric	

GLYCOALKALOIDS	Fruit	280.0	470.0	-1.0	*
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## HCN

HCN	Fruit	--	--	*
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**Activities (9)**

Antiasthmatic	Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs</i> . CRC Press, Boca Raton, FL 388 pp.
Antidote Ihl (=Amyl Nitrite)	Martindale's 29th
Antitussive	Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs</i> . CRC Press, Boca Raton, FL 388 pp.
Bronchosedative	Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs</i> . CRC Press, Boca Raton, FL 388 pp.
Insecticide	Jacobson, M., <i>Glossary of Plant-Derived Insect Deterrents</i> , CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Pesticide	
Respirastimulant	Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs</i> . CRC Press, Boca Raton, FL 388 pp.
Rodenticide	Martindale's 29th
Vasomotor-Stimulant	

HISTIDINE	Fruit	240.0	3098.0	0.97	*
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**Activities (7)**

Antiarteriosclerotic	
Antinephritic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Antioxidant	
Antiulcer	
Antiuремic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.

IRON		Leaf	155.0	1140.0	1.97	*
<b>Activities (6)</b>						
Antiakathistic	Martindale's 29th					
Antianemic						
Anticanker	Martindale's 29th					
Anticheilitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.					
Antimenorrhagic 100 mg/day/wmn/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).					
Prooxidant						
IRON		Fruit	3.0	137.0	0.02	*
<b>Activities (6)</b>						
Antiakathistic	Martindale's 29th					
Antianemic	Martindale's 29th					
Anticanker						
Anticheilitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.					
Antimenorrhagic 100 mg/day/wmn/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).					
Prooxidant						
ISOLEUCINE		Fruit	480.0	5948.0	0.69	*
<b>Activities (3)</b>						
Antiencephalopathic?	Martindale's 29th					
Antipeplagic	Martindale's 28th					
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.					
ISOSCOPOLETIN		Root	--	--		*
<b>Activities (1)</b>						
	Okada,Y,et al.1995.Search for Naturally Occurring Substances to Prevent the Complications of Diabetes.II.Inhibitory Effect of Coumarin and Flavonoid Derivatives on Bovine Lens Aldose Reductase and Rabbit Platelet Aggregation.Chem Pharm Bull43(8):1385-1387					
KILOCALORIES		Leaf	150.0	2790.0	-0.37	*
KILOCALORIES		Fruit	250.0	3370.0	-0.44	*
LEAD		Fruit	1.4	1.6	-0.4	*
LEUCINE		Fruit	570.0	8550.0	0.73	*
<b>Activities (2)</b>						
Antiencephalopathic	Martindale's 29th					
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.					
LINOLEIC-ACID		Fruit	350.0	4337.0	-0.29	*
<b>Activities (27)</b>						
5-Alpha-Reductase-Inhibitor						
AntiMS	Economic & Medicinal Plant Research, 6: 189.					
Antiacne						
Antialopetic						
Antianaphylactic	Economic & Medicinal Plant Research, 6: 189.					
Antiandrogenic						
Antiarteriosclerotic						
Antiarthritic	Economic & Medicinal Plant Research, 6: 189.					
Anticorony	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.					
Antieczemic	Economic & Medicinal Plant Research, 6: 189.					
Antifibrinolytic	Economic & Medicinal Plant Research, 1: 53.					
Antigranular						
Antihistaminic	Economic & Medicinal Plant Research, 6: 189.					
Antiinflammatory IC50=31 uM						
Antileukotriene-D4 IC50=31 uM						
Antimenorrhagic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).					

Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Carcinogenic	Science News, 146: 421.
Comedolytic	
Hepatoprotective	
Hypocholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Immunomodulator	Economic & Medicinal Plant Research, 6: 189.
Insectifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Metastatic	Science News, 146: 421.
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Propecic	
<b>LITHIUM</b>	
	Fruit      0.28      0.32      -0.66      *
<b>Activities (11)</b>	
AntiPMS	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihyperthyroid	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimanic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antipsychotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antischizophrenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiviral	
Cholinergic	
Deliriant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Natriuretic	
Nephrotoxic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
<b>LUBIMIN</b>	
	Plant      --      --      *
<b>LYCOPENE</b>	
	Fruit      --      --      *
<b>Activities (16)</b>	
Anticancer (Bladder)	
Anticancer (Breast)	
Anticancer (Cervix)	
Anticancer (Prostate)	
Antioxidant	
Antiprostatic	
Antiradicular	
Antitumor	
Antitumor (Bladder)	
Antitumor (Breast)	
Antitumor (Cervix)	
Antitumor (Prostate)	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Colorant	
Hypocholesterolemic	60 mg/man/day/3 mos
Prooxidant	20 ug/g
<b>LYCOXANTHIN</b>	
	Fruit      --      --      *
<b>LYSINE</b>	
	Fruit      510.0      6320.0      0.57      *
<b>Activities (4)</b>	
Antialkalotic	Martindale's 29th
Antiherpetic 0.5-3 g/day	
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Hypoarginanemic 250 mg/kg	Martindale's 29th
<b>MAGNESIUM</b>	
	Fruit      85.0      1563.0      -0.26      *
<b>Activities (65)</b>	
AntiCFS	
AntiLyme 400-1,000 mg	
AntiMS	
AntiPMS 400-800 mg/day/wmn/orl	
AntiPMS 400-800	

AntiRaynaud's	280-350 mg/day	
Antiaggregant	400 mg/day	
Antialcoholic		
Antiangular	400 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antianorectic		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antianxiety	400 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiarrhythmic	400 mg/day	
Antiarthritic		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antiasthmatic		Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiatherosclerotic	400 mg/day	
Anticephalagic		
Anticlimacteric	500-750 mg/day	
Anticonvulsant		Facciola, S. 1998. <i>Cornucopia - A Source Book of Edible Plants</i> . Kampong Publications, Vista CA. 713 pp.
Anticorony 400 mg/day		Chalelm, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antidepressant		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antidiabetic 400-800 mg/man/day		
Antidysmenorrheic 100 mg 4 x/day		Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiendometriotic 500 mg/day		
Antienterotic		
Antiepileptic 450 mg/day		
Antifatigue		
Antifibromyalgic 200-300 mg 3x/day		
Antigastric		
Antiglaucomic		
Antihyperkinetic		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antihypertensive		
Antihypoglycemic		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antiinflammatory 100 mg 4 x/day		Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiinsomniac		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antilithic		Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimastalgic		Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimenopausal 500-750 mg/day		
Antimigraine 200 mg/day/man		Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antimiral-valve-prolapse		
Antinephrolytic		
Antineurotic		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antosteoporotic 500-1,000 mg/day/wmn/orf		
Antiplaque 500-1,000 mg/day		
Antiretinopathic 400 mg/day		Chalelm, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antispasmodic		
Antispasmophilic 500 mg/day		Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antistress 500-750 mg/day		
Antistroke 400 mg/day		Chalelm, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antisyndrome-X 400 mg/man/day		Chalelm, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Anxiolytic 500-750 mg/day		
CNS-Depressant		Facciola, S. 1998. <i>Cornucopia - A Source Book of Edible Plants</i> . Kampong Publications, Vista CA. 713 pp.
Calcium-Antagonist		
Cardioprotective		
Diuretic		
Hypocholesterolemic 400 mg/day		Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Hypotensive 260-500 mg/day		
Immunomodulator		
Insulinogenic 400 mg/day		Chalelm, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Laxative 300-500 mg/day		
Litholytic		
Myorelaxant 100 mg 4 x/day		Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Neurotransmitter		
Tranquilizer 500-750 mg/day		
Uterorelaxant 100 mg 4 x/day		Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.

MANGANESE	Fruit	1.4	40.0	-0.14	*
<b>Activities (14)</b>					
AntiPMS					
Antialcoholic	Forest H. Nielsen, USDA, Grand Forks, various publications.				
Antianemic	Martindale's 28th				
Antiarthritic					
Antidiabetic 3-5 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antidiabetic 10-30 mg/man/day					
Antidiscotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antidyskinetic	Martindale's 28th				
Antiepileptic 450 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antiosteoporotic					
Antiototic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antioxidant					
Antisyndrome-X 10-30 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95				
Hypoglycemic 10-30 mg/man/day					
MERCURY	Fruit	0.001	0.001	-0.79	*
<b>Activities (1)</b>					
Nephrotoxic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
METHIONINE	Fruit	60.0	1487.0	0.65	*
<b>Activities (15)</b>					
Anticataract	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Antidote (Acetaminophen) 10 g/16hr/man/orl	Martindale's 29th				
Antidote (Paracetamol) 10 g/16hr/man/orl	Martindale's 29th				
Anticzcemic					
Antihepatitic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antioxidant					
Antiparkinsonian 1-5 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Emetic	Martindale's 29th				
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Glutathionigenic	Martindale's 29th				
Hepatoprotective					
Lipotropic	Merck 11th Edition				
Urine-Acidifier 200 mg/3x/day/man/orl	Martindale's 28th				
Urine-Deodorant	Martindale's 29th				
MOLYBDENUM	Fruit	0.5	0.56	-0.37	*
<b>Activities (2)</b>					
Anticancer (Esophagus)?	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antitumor (Esophagus)?	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
MUFA	Fruit	90.0	1152.0	-0.24	*
<b>Activities (13)</b>					
Allergenic					
Anemiagenic					
Antiinflammatory IC50=21 uM					
Antileukotriene-D4 IC50=21 uM					
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Choleretic 5 ml/man					
Dermatitogenic					
FLavor FEMA 1-30	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Hypocholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)				

Irritant	Merck 11th Edition
Percutaneostimulant	Seki, T., Toeda, C., Kawaguchi, T., Junii, K., Sugibayashi, K., and Morimoto, Y. 1990. Enhanced Transdermal Delivery of Zidovudine in Rats and Human Skin. <i>Chem. Pharm. Bull.</i> 38(11): 3086-3089, 1990.
Perfumery	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
N-TRANS-FERULOYL-OCTOPAMINE	Root -- -- *
N-TRANS-FERULOYL-TYRAMINE	Root -- -- *
N-TRANS-P-COUMAROYL-OCTOPAMINE	Root -- -- *
N-TRANS-P-COUMAROYL-TYRAMINE	Root -- -- *
NASUNIN	Fruit -- -- *
<b>Activities (1)</b>	
Antioxidant	Jap. J. Pharmacology, 40: 138.
NEO-CHLOROGENIC-ACID	Fruit -- -- *
<b>Activities (2)</b>	
Antiinflammatory	
Vulnerary	
NIACIN	Fruit 0.9 98.0 0.5 *
<b>Activities (39)</b>	
Allergenic	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
AntiLyme 50 mg/day	
AntiMeniere's	Duke, J. A. Write ups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
AntiRaynaud's 1,500-4,000 mg/day	
Antiacrodynic	
Antiallergic 50 mg/2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antialzheimeran	
Antiambyopic	
Antiangular	
Anticataract	
Antichilblain	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Anticonvulsant 3 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidementia	
Antidermatitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidiabetic	
Antidysphagic	
Antiepileptic 3 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antihangover 50 mg	
Antihistaminic 50 mg 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antihyperactivity 1.5-6 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinsomnic 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antineuragic	
Antiparkinsonian 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antipellagric	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiscotomic	
Antispasmodic 100 mg 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antivertigo	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Circulotonic	
Fibrinolytic	
Hepatoprotective	
Hepatotoxic	
Hypocholesterolemic 50-100 mg 3x/day	
Hypoglycemic	
Hypolipidemic	
Sedative	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Serotonergic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Vasodilator	Martindale's 29th
NICKEL	Fruit 0.7 0.8 -0.54 *

**Activities (3)**

Antidiadrenalinic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticirrhotic?	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Insulin-Sparing	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**NITROGEN**

Fruit 5400.0 10250.0 -0.31 \*

**OLEIC-ACID**

Fruit 80.0 991.0 -0.47 \*

**Activities (18)**

5-Alpha-Reductase-Inhibitor	
Allergenic	
Alpha-Reductase-Inhibitor	
Anemiagenic	
Antialopeptic	
Antiandrogenic	
Antiinflammatory IC50=21 uM	
Antileukotriene-D4 IC50=21 uM	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Choleretic 5 ml/man	
Dermatitigenic	
FLavor FEMA 1-30	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Hypocholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Insectifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Irritant	Merck 11th Edition
Percutaneostimulant	Seki, T., Toeda, C., Kawaguchi, T., Juni, K., Sugabayashi, K., and Morimoto, Y. 1990. Enhanced Transdermal Delivery of Zidovudine in Rats and Human Skin. Chem. Pharm. Bull. 38(11): 3086-3089, 1990.
Perfumery	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Propecic	

**OXALIC-ACID**

Fruit -- 291.0 -0.29 \*

**Activities (9)**

Acaricide	
Antiseptic	
CNS-Paralytic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Fatal	Martindale's 29th
Hemostatic	Merck 11th Edition
Irritant	
Pesticide	
Renotoxic	Merck 11th Edition
Varroacide	

**PALMITIC-ACID**

Fruit 140.0 1735.0 -0.34 \*

**Activities (13)**

5-Alpha-Reductase-Inhibitor	
Antialopeptic	
Antiandrogenic	
Antifibrinolytic	Economic & Medicinal Plant Research, 1: 53.
Antioxidant IC40=60	
FLavor FEMA 1	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Hemolytic	Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Hypercholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Lubricant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Pesticide	
Propecic	
Soap	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

**PALMITOLEIC-ACID**

Fruit 10.0 124.0 -0.32 \*

**Activities (2)**

5-Alpha-Reductase-

Soap Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

PANTOTHENIC-ACID	Fruit	0.8	10.0	-0.52	*
<b>Activities (11)</b>					
Antiallergic 100-500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antiarthritic 500-2,000 mg/day	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Anticephalagic	Martindale's 29th				
Anticlaudificant?	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.				
Antidermatitic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antifatigue	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antihypercholesterolemic 300 mg/meal	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antihielus?	Martindale's 29th				
Antiinsomniac?	Martindale's 29th				
Antirheumatisitc?	Martindale's 29th				
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				

PECTIN	Fruit	--	110000.0	0.68	*
<b>Activities (24)</b>					
Antiatheromic 15 g/man/day	Cerda, J.J. Pectin in Health and Disease. HortScience, 25(12): 1485, 1990.				
Antibacterial					
Antidiabetic 10 g/man/day/orl					
Antidiarrheic	Merck 11th Edition				
Antienteric					
Antigallstone					
Antigastritic					
Antilithic					
Antimetastatic					
Antimutagenic					
Antiobesity	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.				
Antitumor (Colon)					
Antitumor (Prostate)					
Antitussive					
Antiulcer					
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Chemopreventive					
Demulcent					
Fungicide	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.				
Hemostat					
Hypocholesterolemic					
Hypoglycemic	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.				
Peristaltic					
Pesticide					

PHENYLALANINE	Fruit	430.0	5700.0	0.82	*
<b>Activities (7)</b>					
AntiADD 587 mg/day/orl	Martindale's 29th				
Antidepressant 50-4,000 mg/day/man					
Antiparkinsonian 200-500 mg/day/man	Martindale's 28th				
Antisickling 690 ug/ml					
Antivitiligo 100 mg/kg/day/orl/man	Martindale's 29th				
Monoamine-Precursor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Tremorigenic 1,600-12,600 mg/man/day	Martindale's 28th				

PHOSPHORUS	Leaf	380.0	2794.0	-0.4	*
<b>Activities (4)</b>					
Antiosteoporotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Anxiolytic					
Immunostimulant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Osteogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				

## PHOSPHORUS

Fruit

189.0

5836.0

0.8

\*

**Activities (4)**

Antiosteoporotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anxiolytic	
Immunostimulant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Osteogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

## PHYTOSTEROLS

Fruit

70.0

867.0

-0.1

\*

**Activities (2)**

Antiprostatotic	
Hypocholesterolemic	

## PIPECOLIC-ACID

Fruit

--

--

\*

**Activities (2)**

Herbistat	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Pesticide	

## POTASSIUM

Fruit

620.0

32000.0

1.25

\*

**Activities (14)**

Angiotensin-Receptor-Blocker	
Antiarrhythmic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antifatigue	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive	
Antispasmodic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antistroke	
Anxiolytic	
Beta-Blocker	
Cardioprotective 3,000-5,000 mg	
Cardiotoxic 18,000 mg/man/day	
Diuretic	
Hypotensive	
Vasodilator	

## PROLINE

Fruit

460.0

5700.0

0.46

\*

## PROTEIN

Leaf

46000.0

338000.0

1.26

\*

## PROTEIN

Fruit

10000.0

200000.0

1.21

\*

## PUFA

Fruit

420.0

5204.0

-0.47

\*

**Activities (4)**

AntiMS	Martindale's 28th
Antiacne	Martindale's 28th
Antieczemic	Martindale's 28th
Antipolyneuritic	Martindale's 28th

## RIBOFLAVIN

Fruit

0.2

8.8

0.81

\*

**Activities (15)**

AntiLyme 50 mg/day	
Antiarabiflavinotic 2-10 mg/day orl	Martindale's 28th
Anticarpal-Tunnel 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticataract 15 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticephalagic	
Anticervicaldysplastic 1.6-10 mg/day	
Anticheilitic	
Antidecubitic	
Antiglossitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antikeratitic	
Antimigraine	
Antioxidant	
Antipellagric	
Antiphotophobic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

## SCOPOLETIN

Fruit

\*

## Activities (44)

Aldose-Reductase-Inhibitor IC50=6.2 ug/ml cow	Okada,Y,et al.1995.Search for Naturally Occurring Substances to Prevent the Complications of Diabetes.II.Inhibitory Effect of Coumarin and Flavonoid Derivatives on Bovine Lens Aldose Reductase and Rabbit Platelet Aggregation.Chem Pharm Bull43(8):1385-1387
Allelochemical IC89=2 mM	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp.
Analgesic	
Anesthetic	Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman & Hall, New York. 941 pp.
Antiadrenergic	Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman & Hall, New York. 941 pp.
Antiaflatoxin IC50=65 uM	
Antiaflatoxin 11.4 ppm	
Antiarrhythmic	
Antiasthmatic	
Antibacterial	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antibronchoconstrictor	
Anticholinergic	
Antiedemic	
Antifeedant	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Antihepatotoxic	Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Antiinflammatory ED 1-10 ug/ear	
Antileukotrieneogenic	
Antimutagenic	Mills, Simon and Bone, Kerry. 2000. Phytotherapy. Churchill Livingston, Edinburgh.
Antioxidant	
Antiproliferant	
Antiprostaglandin	
Antiseptic	
Antispasmodic	
Antitumor 2.9 ug/ml	
Apoptotic	
Bronchorelaxant	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
CNS-Depressant	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
CNS-Stimulant	Watt, J.M. and Breyer-Brandwijk, M.G. 1962. The Medicinal and Poisonous Plants of Southern and Eastern Africa. E. & S. Livingstone, Ltd. Edinburg & London. 1457 pp.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cholagogue	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
Choleretic	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Cytotoxic	
Fungicide 2 mM	
Hepatoprotective	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
Herbicide	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Hypoglycemic	Economic & Medicinal Plant Research, 6: 165
Hypotensive	
MAO-Inhibitor	
Musculotropic	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
Myorelaxant	
Pesticide	
Phytoalexin	
Phytohormonal	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Uterosedative	Williamson, E. M. and Evans, F.J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.

## SELENIUM

Fruit

0.001

0.002

-0.39

\*

## Activities (60)

AP-1-Inhibitor 2-50 uM	
Analgesic 200 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anorexic	Cooper-Driver, G. A., Chemical substances in plants toxic to animals, pp. 213-47 in Rechcigl, M., Jr., ed. CRC Handbook of Naturally Occurring Food Toxicants, CRC Press, Boca Raton, 1983, 339 pp.
AntiHIV	
AntiNF-kB	
Antiacne 200 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiaggregant	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiangiogenic 2 uM	
Antianoxic 230 nmol/ka orl	

Antiarthritic	
Antiasthmatic	
Antiatherosclerotic	
Anticataract 400 ug/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticirrhotic	
Anticlimacteric 200 ug/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticorony 200 ug/day	
Antidandruff	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidepressant 200 ug/day	
Antidote (Mercury)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antifibrotic 400 ug	
Antigout 200 ug	
Antikeshan	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antileukemic 1.6 mg/kg ipr mus	
Antileukotriene	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimaculitic	
Antimelanomic 480 ug/kg	
Antimenopausal 200 ug/day	
Antimetastatic 480 ug/kg	
Antimyalgic 200 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiosteoarthritis	
Antioxidant 100-200 (-400) ug/man/day	
Antiparkinsonian 200-400 ug/day	
Antiproliferant 2 uM	
Antiradicular 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antirheumatic	
Antisynrome-X 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor (Breast) 333.6 ug/day	
Antitumor (Breast) 0.8 mg/kg scu mus	
Antitumor (Breast) 150 ug/kg diet rat	
Antitumor (Breast) 230 ug/kg oral rat	
Antitumor (Lung) 240 ug/kg diet	
Antitumor (Prostate)	
Antitumor (brain) 38-150 ug/kg	
Antiulcerogenic	Rafatullah, S., Tariq, M., Al-Yahya, M.A., Mossa, J.S., and Ageel, A.M. 1989. Evaluation of Turmeric ( <i>Curcuma longa</i> ) for Gastric and Duodenal Antiulcer Activity in Rats. <i>J. of Ethnopharmacology</i> . 29: 25-34, 1990.
Anxiolytic	
Apoptotic	
Cancer-Preventive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Cardioprotective 200 ug/day	
Depressant	Cooper-Driver, G. A., Chemical substances in plants toxic to animals, pp. 213-47 in Rechcigl, M., Jr., ed. CRC Handbook of Naturally Occurring Food Toxicants, CRC Press, Boca Raton, 1983, 339 pp.
Fungicide	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Immunomodulator	
Immunostimulant 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
NF-kB-Inhibitor	
Ornithine-Decarboxylase-Inhibitor	
Pesticide	
Polyamine-Synthesis-Inhibitor	
Prostaglandin-Sparer	Fujita, T., Nakatani, E., Funaishi, N., Sakuma, S., Fujimoto, Y. Potent inhibition of prostaglandin inactivation in rabbit gastric antral mucosal slices by selenium ions in-vitro. <i>J. Pharm. Pharmacol.</i> 42: 655-657, 1990.
Protein-Kinase-C-Inhibitor IC50=2-50 uM	
VEGF-Inhibitor	

SERINE

Fruit

410.0

5576.0

0.68

\*

#### Activities (1)

Cancer-Preventive Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

SILVER		Fruit	0.07	0.18	-0.23	*
<b>Activities (3)</b>						
Antibacterial		Martindale's 28th				
<b>Astringent</b>						
Pesticide						
SODIUM		Fruit	20.0	2150.0	0.02	*
<b>Activities (1)</b>						
Hypertensive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.					
SOLAMARGINE		Fruit	--	--		*
<b>Activities (9)</b>						
Antitumor						
Cytotoxic ED50=1.53 ug/ml						
Erythrocytolytic EC100=20uM						
Fungicide						
Hepatoprotective	Lin,* C-N., Lu, C-M., Cheng, M-K., Gan, K-H. The Cytotoxic Principles Of Solanum incanum. Journal of Natural Products, 53(2): 513-516, 1990.					
Insecticide						
Membranolytic						
Molluscicide						
Pesticide						
SOLANIDINE		Fruit	--	--		*
<b>Activities (5)</b>						
Anticholinesterase						
Antifeedant 1 uM	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.					
Pesticide						
Teratogenic	Keeler, R.F. and Tu, A.T. eds. 1991. Toxicology of Plant and Fungal Compounds. (Handbook of Natural Toxins Vol. 6) Marcel Dekker, Inc. NY. 665 pp.					
Toxic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.					
SOLANINE		Fruit	--	--		*
<b>Activities (26)</b>						
Analgesic						
Antiasthmatic						
Antibronchitic						
Anticholinesterase 100 uM/l						
Antiepileptic						
Antigiardial						
Antineuragic	Tramil					
Antiparkinsonian						
Antipruritic 50-200 ml orl man	Tramil					
Antitumor	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.					
Calcium-Antagonist mus						
Cardiodepressant						
Cardiotonic						
Cytotoxic	Iwu, M.M. 1993. Handbook of African Medicinal Plants. CRC Press, Boca Raton, FL 435 pp.					
Fungicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.					
Hemolytic	UNESCO. 1960. Medicinal Plants of the Arid Zones. eds.(botany) I.C. Chopra, B.K. Abrol and K.L. Hands; eds (pharmacology), R. Paris and G. Dillemann UNESCO, Place de Fontenoy, Paris 7E. 96 pp.					
Hemorrhagic						
Memranolytic						
Myostimulant	UNESCO. 1960. Medicinal Plants of the Arid Zones. eds.(botany) I.C. Chopra, B.K. Abrol and K.L. Hands; eds (pharmacology), R. Paris and G. Dillemann UNESCO, Place de Fontenoy, Paris 7E. 96 pp.					
Narcotic						
Pesticide						
Sedative						
Spasmogenic 200-400 mg/man						
Tachycardic 200-400 mg/man						
Teratogenic						

## SOLASODINE

Fruit

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## Activities (18)

Antiandrogenic 20 mg/kg

Anticancer (Skin)

Anticarcinomic

Anticholinesterase

Antifertility

Antiinflammatory

Antimelanomic

Antispermatogenic

Antitachycardic

Iwu, M.M. 1993. Handbook of African Medicinal Plants. CRC Press, Boca Raton, FL 435 pp.

Antitumor

Contraceptive

Cytotoxic ED<sub>50</sub>=3.75 ug/ml

Embryotoxic 5-10 mg/rat/day Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.

Fungicide

Hepatomegalic

Hepatoprotective

Pesticide

Teratogenic

## SOLASONINE

Fruit

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## Activities (11)

Antitumor

Cardiodepressant

UNESCO. 1960. Medicinal Plants of the Arid Zones. eds.(botany) I.C. Chopra, B.K. Abrol and K.L. Hands; eds (pharmacology), R. Paris and G. Dillemann UNESCO, Place de Fontenoy, Paris 7E. 96 pp.

Cardiotonic

Erythrocytolytic

EC<sub>80</sub>=100uM

Hemolytic

UNESCO. 1960. Medicinal Plants of the Arid Zones. eds.(botany) I.C. Chopra, B.K. Abrol and K.L. Hands; eds (pharmacology), R. Paris and G. Dillemann UNESCO, Place de Fontenoy, Paris 7E. 96 pp.

Hepatoprotective

Lin,\* C-N., Lu, C-M., Cheng, M-K., Gan, K-H. The Cytotoxic Principles Of Solanum incanum. Journal of Natural Products, 53(2): 513-516, 1990.

Insecticide

Memranolytic

Molluscicide

Myostimulant

UNESCO. 1960. Medicinal Plants of the Arid Zones. eds.(botany) I.C. Chopra, B.K. Abrol and K.L. Hands; eds (pharmacology), R. Paris and G. Dillemann UNESCO, Place de Fontenoy, Paris 7E. 96 pp.

Pesticide

## STEARIC-ACID

Fruit

50.0

620.0

-0.24

\*

## Activities (8)

5-Alpha-Reductase-Inhibitor

Cosmetic

Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor &amp; Frost, London. 791 pp.

FLavor FEMA 2-4,000

Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry

Hypocholesterolemic

Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)

Lubricant

Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor &amp; Frost, London. 791 pp.

Perfumery

Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry

Propecic

Suppository

Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor &amp; Frost, London. 791 pp.

## STRONTIUM

Fruit

2.0

5.6

-1.02

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## SUCROSE

Fruit

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## Activities (14)

Aggregant

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antihiccup 1 tsp

Martindale's 29th

Antiphthalmic

Martindale's 29th

Antioxidant

Merck 11th Edition

Atherogenic

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Collyrium

Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor &amp; Frost, London. 791 pp.

Demulcent

Jeffery B. Harborne and H. Baxter. eds. 1983. Phvtochemical Dictionarv. A Handbook of Bioactive Compounds from Plants. Taylor &amp; Frost. London. 791

Flatogenic	Singh, J., Gupta, K., and Arora, S.K. 1993. Changes in the anti-nutritional factors of developing seeds and pod walls of fenugreek ( <i>Trigonella foenum graecum L.</i> ). <i>Plant Foods for Human Nutrition</i> . 46: 77-84, 1994.
Hypercholesterolemic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Preservative	Merck 11th Edition
Sweetener 1 x sucrose	Merck 11th Edition
Triglycerigenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Uricogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Vulnerary	Martindale's 29th

SUGAR	Fruit	20000.0	30000.0	-1.07	*
SULFUR	Fruit	126.0	152.0	-0.88	*

#### Activities (14)

Acarifuge	
Antiacne	Martindale's 29th
Antiarthritic	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidandruff	Martindale's 29th
Antigrey	Martindale's 29th
Antiosteoarthritic	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiseborrheic	Martindale's 29th
Antiseptic	Martindale's 29th
Comedogenic	Martindale's 29th
Keratolytic	Martindale's 29th
Laxative	Martindale's 29th
Parasiticide	Martindale's 29th
Pesticide	
Scabicide	Martindale's 29th

TANNIN	Fruit	--	2000.0	-0.89	*
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#### Activities (35)

Anthelmintic	
AntiHIV	
Antibacterial	
Anticancer	
Anticariogenic	
Antidiarrheic	
Antidysenteric	
Antihepatotoxic	
Antihypertensive	
Antilipolytic	
Antimutagenic	
Antinephritic	Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. <i>Chem. Pharm. Bull.</i> 38(4): 1049-1052, 1990.
Antiophidic	Economic & Medicinal Plant Research, 5: 363.
Antioxidant IC50=1.44 ug/ml	
Antioxidant 1/3 quercetin	
Antiradicular 500 mg/kg/day orl mus	Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. <i>Chem. Pharm. Bull.</i> 38(4): 1049-1052, 1990.
Antiradicular 1/3 quercetin	
Antirenitic	Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. <i>Chem. Pharm. Bull.</i> 38(4): 1049-1052, 1990.
Antitumor	
Antitumor-Promoter	
Antiulcer	
Antiviral	
Cancer-Preventive	HerbalGram No. 22 - Spring 1990, page 14.
Carcinogenic	
Chelator	
Cyclooxygenase- Inhibitor	
Glucosyl- Transferase-Inhibitor	
Hepatoprotective	
Immunosuppressant	
Lipoxygenase- Inhibitor	

Ornithine-Decarboxylase-Inhibitor

Pesticide

Psychotropic

Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. *Chem. Pharm. Bull.* 38(4): 1049-1052, 1990.

Xanthine-Oxidase-Inhibitor

THIAMIN	Fruit	0.4	10.0	0.6	*
<b>Activities (31)</b>					
Analgesic 1-4 g/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
AntiLyme 50 mg					
Antialcoholic 50-100 mg/day					
Antialzheimeran 100-3,000 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Antianorectic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.				
Antibackache 1-4 g/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Antiberiberi					
Anticanker					
Anticardiospasmic					
Anticataract					
Anticolic					
Antidecubitic					
Antideliriant					
Antidementia					
Antidyspeptic					
Antinecephalopathic	Martindale's 29th				
Antifatigue	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.				
Antigastritic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.				
Antihangover 50 mg					
Antiheartburn					
Antiherpetic					
Antimigraine					
Antimyocarditic					
Antineuralogic 1-4 g/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Antineurasthenic					
Antineuritic					
Antineuropathic 50 mg	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Antipoliomyelic					
Insectifuge 75-150 mg/man/day	Martindale's 28th				
Neuroprotective					
Pesticide					

TREONINE	Fruit	380.0	4957.0	0.81	*
<b>Activities (4)</b>					
Antioxidant?					
Antiuclcer	Martindale's 29th				
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.				
FLavor FEMA 1,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				

TITANIUM	Fruit	0.35	0.4	-0.74	*
<b>Activities (15)</b>					
Anticancer (Cervix)	Williamson, E. M. and Evans, F. J., <i>Potter's New Cyclopaedia of Botanical Drugs and Preparations</i> , Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.				
Anticancer (Liver)	Williamson, E. M. and Evans, F. J., <i>Potter's New Cyclopaedia of Botanical Drugs and Preparations</i> , Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.				
Antihyperglycemic	Iwu, M.M. 1993. <i>Handbook of African Medicinal Plants</i> . CRC Press, Boca Raton, FL 435 pp.				
Antimigraine					
Antiseptic	Iwu, M.M. 1993. <i>Handbook of African Medicinal Plants</i> . CRC Press, Boca Raton, FL 435 pp.				
Antitumor (Cervix)					
Antitumor (Liver)					
Epidermal-Stimulant					

Hypoglycemic 500-3,000 mg/man/day	Martindale's 28th
Hypoglycemic 50 mg/kg orl rat	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. <i>Herbal Medicine - A Guide for Health-care Professionals</i> . The Pharmaceutical Press, London. 296pp.
Mutagenic	
Osmoregulator	
Pesticide	
Propecic	

TRYPTAMINE	Fruit	--	--	*
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#### Activities (4)

Antiamoebic	Medicinal and Poisonous Plants of the Tropics. Leeuwenberg, A.J.M., ed. Pudoc, Wageningen. 1987.
Hypertensive	Schultes, R.E. De Plantis Toxicariis e Mundo Novo Tropicale Commentationes XXXVI. <i>Justicia (Acanthaceae) as a Source of an Hallucinogenic Snuff</i> . Economic Botany 44(1): 61-70, 1990.
Pesticide	
Vasopressor	

TRYPTOPHAN	Fruit	100.0	1239.0	0.55	*
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#### Activities (29)

Analgesic 750 mg/4x/day/orl/man	Martindale's 29th
Antianxiety 500-1,000 mg/meal	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antidementia 3 g/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antidepressant 1-3 g/3x/day/orl/man	Martindale's 29th
Antidyskinetic 2-8 g/orl/wmn/day	Martindale's 29th
Antihypertensive	J. Agri. & Food Chemistry, 36: 1079.
Antiinsomniac 1-3 g/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antimanic 12 g/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimenopausal 6 g/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antimigraine 500 mg/mán/4x/day	Martindale's 29th
Antioxidant 125 ug/ml	
Antiparkinsonian 2 g 3 x/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiphenylketonuric	Martindale's 29th
Antiprostaglandin 250 pg/ml	
Antipsychotic 12 g/man/day	Martindale's 29th
Antirheumatic	Martindale's 29th
Antiscoliotic	
Carcinogenic	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, Londón. 791 pp.
Hypnotic	Martindale's 29th
Hypoglycemic	Economic & Medicinal Plant Research, 6: 157.
Hypotensive 3 g/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Insulinase-Inhibitor	Economic & Medicinal Plant Research, 6: 157.
Insulinotonic	J. Agri. & Food Chemistry, 36: 1079.
Monoamine-Precursor	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Prolactinogenic	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Sedative 3-10 g/man/day	
Serotonergic 6-12 g/day/orl/man	Martindale's 28th
Tumor-Promoter	J. Agri. & Food Chemistry, 36: 1079.

TYRAMINE	Fruit	--	--	*
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#### Activities (11)

Adrenergic	Merck 11th Edition
Antiaggregant	
Cardiovascular 0.8 ivn cat	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. <i>Drug Dosage in Laboratory Animals: A Handbook</i> . (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.
Cardiovascular 30 mg/kg scu mus	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. <i>Drug Dosage in Laboratory Animals: A Handbook</i> . (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.
Hypertensive	Nigg, H.N. and Seigler, D.S., eds. 1992. <i>Phytochemical Resources for Medicine and Agriculture</i> . Plenum Press, New York. 445 pp.
Insectifuge	Grainge, M. and Ahmed, S., <i>Handbook of Plants with Pest-Control Properties</i> , John Wiley & Sons, New York, NY, 1988, 470.
Neurotoxic 1 mg/kg ivn dog	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. <i>Drug Dosage in Laboratory Animals: A Handbook</i> . (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.
Pesticide	
Sympathomimetic	
Vasoconstrictor	

TYROSINE	Fruit	250.0	3593.0	0.49	*
<b>Activities (8)</b>					
Antidepressant?					
Antiecephalopathic	Martindale's 29th				
Antiparkinsonian 100 mg/kg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antiphenylketonuric	Martindale's 29th				
Antiulcer 256 mg scu	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.				
Antiulcer 400 mg/kg ipr rat	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.				
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Monoamine-Precursor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
VALINE	Fruit	550.0	7063.0	0.54	*
<b>Activities (3)</b>					
Antiecephalopathic	Martindale's 29th				
Essential					
FLavor FEMA 1,000-2,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
VANILLIN	Root	--	--		*
<b>Activities (28)</b>					
Allelochemic IC50=4.26 mM	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp.				
Allergenic					
Antianemic					
Anticancer					
Antidrepanocytic					
Antiescherichic 10-100 mmol/l					
Antilactobacillic 10-100 mmol/l					
Antilisteria					
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.				
Antioxidant #NAME?					
Antipolio	Economic & Medicinal Plant Research, 5: 194.				
Antiradicular 7 x quercetin					
Antisickling					
Antitumor					
Antitumor-Promoter					
Antiviral	Economic & Medicinal Plant Research, 5: 194.				
Antiyeast 8-30 mM					
Bacteristat 10-40 mmol/l					
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Candidicide 8-20 mM					
Choleretic	Rinzler, C. A. 1990. The Complete Book of Herbs, Spices and Condiments. Facts on File, New York. 199 pp.				
FLavor FEMA 50-20,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Fungicide	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Immunosuppressant					
Insectifuge?	Martindale's 28th				
Irritant					
Perfumery					
Pesticide					
VIT-B-6	Fruit	0.9	11.6	0.57	*
WATER	Leaf	--	864000.0	0.28	*
WATER	Fruit	905000.0	932000.0	0.7	*
ZINC	Fruit	18.0	25.6	-0.14	*
<b>Activities (77)</b>					
ACE-Inhibitor					

AntiBPH 25-60 mg/day	
AntiCrohn's	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
AntiHIV	
Antiacne 135 mg/day	
Antiacrodermatitic 8-34 mg/day/orl/chd	Martindale's 29th
Antialcoholic	
Antialopeptic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antialzheimeran 50 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiangiogenic	
Antianorexic	Martindale's 29th
Antiarthritic 50 mg/3x/day/orl/man	
Anticanker 100 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Anticataract 30 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Anticoeliac	Martindale's 28th
Anticold 50 mg	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Anticoltic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Anticoronal 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antidandruff	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antidementia	
Antidiabetic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antidote (Cadmium)	Let's Live, May 1989.
Antidysgeuzic	
Antieczemic 150 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiencephalopathic	Martindale's 29th
Antiepileptic 100 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antifibrotic 30 mg	
Antifuruncular 45 mg/3x/day/man	Martindale's 28th
Antihangover 15 mg	
Antiherpetic? 25-60 mg/day	
Antiimpotence	Martindale's 29th
Antiinfective 50 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiinfertility 60 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiinsomniac	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antilepric	Martindale's 29th
Antileukonychic	
Antilymphomeric	
Antimaculitic	
Antimetastatic	
Antineuropathic	
Antinyctalopic	
Antiobesity 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antosteoporotic	
Antiperiodontic	
Antiplaque	Martindale's 29th
Antipro lactin	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiprostatic 50 mg/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antirheumatic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antiseptic 50 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antispare-Tire 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antistomatitic 50 mg/man/3x/day	Martindale's 28th
Antisyndrome-X 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antitinnitin 60-120 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antitriglyceride 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antiulcer 50 mg/3x/day/man	Martindale's 28th
Antiulcer 88 mg/rat/day/15 days	
Antiviral?	Martindale's 29th
Astringent	Martindale's 28th
Collagenic	
Copper-Antagonist	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Deodorant	Martindale's 29th

Ergogenic	
Hypotensive 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Immunomodulator	
Immunostimulant	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Immunosuppressant 300 mg/day/6 wks/orl/man	Martindale's 29th
Insulinogenic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Leptogenic 30-60 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Mucogenic	Li, K.M. Effect of zinc sulphate on acetic acid-induced gastric ulceration in rats. <i>J. Pharm. Pharmacol.</i> 42: 657-659, 1990.
NF-kB-Inhibitor	
Pesticide	
Spermigenic 60 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Testosteronogenic 60 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Trichomonicide	Martindale's 29th
Vulnerary	Martindale's 28th

ZIRCONIUM	Fruit	1.4	1.6	-0.41	*
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